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26th May 2020 **Issue 487** Phone 434 9651

THE GARAGE OOR CENTRE

Call Brian on 0274 335 299 or 434 8476

Good to see that our Winter is finally here - it was a good weekend to sit in front of the fire. The Garden was still waiting for me to get stuck into it! The Ski season is almost here, so get those skis ready to go... A reminder to support our local businesses during the Winter months - as we all rely on your custom to help keep our doors open. Don't forget if your club/group are having meeting or small event, let us know - so we can get you into the Community Diary. Until next week Regards, The Telegram.

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The Telegram

Because it WORKS!

Getting colder for Gardens and Gardeners now, but still looking like Autumn here in North Otago - even though frosts have started, which means frost tender potted plants can be shifted to a place with overhead protection and garden plants and Shrubs needing to be protected, have frost cloth at the ready. I have had my potted cuttings and seedlings in shady positions during the hot months, but



have now shifted them all into the sun with trays lifted from the cold ground by being placed on polystyrene and sections of Pea straw and a covering of frost cloth during frosty nights. Once we move into very cold Winter months, frost cloth will remain on day and night.

Seedlings raised from seed need to be pricked out now into punnets and small pots before the real freeze, then protected as above. Growing will continue until the temperature drops below 10 degrees.

Sweet Peas can be planted now... Autumn sown Sweet Peas produce stronger plant,s with more vibrant blooms than those sown in Spring. Here on the coast, Winters are mild enough to sow straight into well drained soil where you want them to flower.

Bearded Iris rhizomes and Freesia bulbs should be exposed to bake in the sun - compost and mulch need to be raked from them if possible.

Spring Bulbs are well up now - look around your garden to make sure they are getting enough light. Trees and Shrubs will have put on growth during the growing season, keeping much needed light from Spring bulbs for maximum flowering. Tulips should be in now to get a Spring show.

Shifting Shrubs:

Our garden gets carried away and tries to outgrow the size allotted to it!! Shrubs I planted and thought at the time I could keep shaped to fit a space, but after a while I get fed up with trying to keep them the right size, so if possible they are dug up and given a ride in the wheelbarrow. If Shrubs have been planted for a number of years, they will need to be wrenched by digging down around one side, cutting roots then packing in soil / compost for new feeder roots to grow into. This will eliminate transplant shock when the whole Shrub is dug out and transplanted in Spring.

Roses:

Stop dead heading now to allow Rose wood to harden for the big prune in July /August - this allows sap to go into making Rose seed preventing new growth .

Vegetables and Fruit:

Garlic, time to get Cloves ready for planting - growers save Garlic Cloves from year to year, but if planting for the first time, get what is offered in Garden centres - rather than what is offered for eating at a Supermarket...

There are many veg seedlings on offer for planting now before it gets too cold. Broad Beans can go in and Onion seeds can be sown. Too cold now to sow Carrots and Parsnips...

Continue planting Strawberry plants, raising the beds where drainage is suspect and adding manure rich compost to the beds.

Start pruning Pip fruit trees any time after the leaves have fallen, using clean tools from tree to tree. Remove dead or damaged wood, crossing or inward turning branches, excess leaders or sucker growth developing on the main trunks. Shorten back vigorous leaders by about a 1/3 to promote branching. Prune long side branches back to a weak twig to discourage further spread.



Cheers. Linda.



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Let's talk about the flu

Influenza, commonly called the flu, can be a serious illness. The infection with the influenza virus may lead to hospital for any age group but especially the elderly or if you suffer from an ongoing medical condition like asthma or diabetes. Even if you don't end up in hospital, influenza can keep you in bed for a week or more, preventing you from doing your work, sport or just any activities that require leaving the house.

The influenza virus is different from a cold virus, a cold virus only affects the nose, throat and the upper chest and lasts for a few days. A cold is a mild illness, with symptoms like mild fever, mild headache, congested sinuses, sometimes a cough, runny nose, muscle aches are uncommon. Influenza can be a serious illness that affects the whole body and can last up to a week or more. And can include a fever that is usually high, severe headache, a dry cough that becomes moist, muscle aches, shivering, usually will require bed rest, and can lead to severe complications.

Influenza can be anywhere, and is almost unavoidable coming in contact with, for this it is important to protect everyone in the family, this lessens the chance of bringing it home to a baby, older relative, or someone with a medical condition who could develop serious complications from influenza. Almost everyone can benefit from an annual influenza immunisation*. The vaccine is especially important for people at risk of serious complications from influenza including, pregnant women in any trimester, people with an ongoing medical condition like asthma, diabetes or heart or lung condition and people 65 years or over. Now is the time to get immunised, early before winter. Every year the flu virus changes. Scientists from the World Health Organisation find the three or four types of flu they think will be the most widespread and dangerous for the coming winter and use them to develop the Flu vaccine for that year. Being fit and healthy will not protect you from influenza. The flu spreads easily and even if you're super healthy, your family, friends and co-workers may not be. By immunising against influenza you can protect yourself and lessen the chance of bringing it home. Oamaru Pharmacy have the Flu Shot available. The earlier you get a vaccine, the sooner you're protected. Also, know that it's never too late in the season to get a vaccine. We are offering the Flu Shot, no appointment necessary. Your Pharmacist will take you through some information regarding your vaccination and review if the Flu Shot is right for you.

Come and talk with us, at Oamaru Pharmacy the team is alway ready to help you, with a smile and knowledgeable advice.



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Queen cakes

Ingredients

1 1/2 cup (225g) self-raising flour 2/3 cup (150g) caster sugar

125 gram butter, at room temperature

3 eggs

1/4 cup (60ml) milk

2 tablespoon currants icing sugar, to dust

Method

Preheat oven to 180°C. Line 2 x 12-hole patty pans with paper cases.

Sift flour into a medium-sized

bowl. Add sugar, butter, eggs and milk. Using an electric beater, beat mixture on medium speed, 3 minutes, until smooth and pale. Stir through currants.

Spoon heaped tablespoons of mixture into prepared paper cases. Bake, 15 minutes, until golden and firm to touch. Cool on a wire rack. Dust with icing sugar to serve.



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Community diary

Thursday - 28th May

Migrant meet and share, 10:30am at the Opera House. A place for Migrants to build connections & learn about life in Waitaki. Ph 021 066 5143.

Sunday - 31st May

Craft and Treasure Market, Scottish Hall, 10 Tyne St, 10am - 2pm. To book a stall please contact Lisa 027 706 9902 or Wendy 021 515 205

Public Notices

Oamaru Coffee Riders, ALL riders, all abilities catered for. For ride times & venues, please visit our FB Page or ph: 021 121 4627.

For Sale

Carpet 1.75 x 2.85m \$30, Electric Drill \$10 Ph 434 2220

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Smash Palace, for rental cars/vans/bikes, car parts and shuttle service. Ph. 433 1444.



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Wanted

Tools wanted! Tradesman, carpenters, gardening tools etc. Ph. 021 450 405.

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Whilst you have been on lockdown, maybe thinking about a new look for your place, we here at Waitaki Interiors have given our store a fresh new look and would love to do the same for your home or special space. Come in and have a chat with our friendly qualified staff we have over 25 years combined experience and would love to help you transform that dull space into a beautiful and welcoming space to live in. We offer professional advice on all aspects of interior design from providing interior and exterior colour schemes, co-ordinating flooring and helping with the selection of kitchen materials and bathroom fittings we can do it all. Our in-home design consultations include free measure and quote service for window furnishings. Now is a good time to start thinking about keeping your home warm in winter. Having tailor-made interior design packages to meet the individual needs of clients mean we can come to you with ideas for furnishing or accessorising your home. We have on offer a large range of stylish homeware products in our store. Proud to promote New Zealand-made, Waitaki Interiors have a range of knitwear and mohair throws and we have an impressive array of bed linen, cushions, throws, lamps, artworks and mirrors. We are proud to be the exclusive stockists of Annie Sloan Chalk Paint ® which is perhaps the worlds most respected decorative furniture paint with a huge variety of useful applications. We also supply and install all types of window coverings with a wide selection of upholstery/curtain fabrics, blinds and wallpapers available in our studio. We have a passion for texture, design and colour. Being able to do all our installation is a huge asset it means having no middle-man so if our customers need same day attention, we can provide it. Waitaki Interiors are committed to creating a cohesive aesthetic flow and a home that you can be truly proud of. We will help you make your home beautiful, so don't waste money and get it right the first time by coming in and talking to us. We would love to be involved with your design project, no matter how big or small. You will find us at 29 Thames Street, Oamaru or view our website, Facebook or Instagram pages for more information. Matt & Sherry Howard & the Team.





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The community prefer to find their trade and service providers locally and rely on the Telegram for this.